



A Frame For Every Face
“ Making A Right Selection ”

Ajay Kr Bhootra

Although spectacle frame selection is a matter of personal tastes and preferences, for which no specific rule applies.

However, if you keep in mind certain common guidelines, you tend to minimize the chances of an improper frame selection.

Tip No 1

Know your facial features and facial contours

- Facial height to facial width ratio
- Facial complexion
- Hair complexion
- Nose shape

Tip No 2

Know your lens power and lens type

- Low power Vs High power
- Plus power Vs Minus power
- Single vision lens Vs Multifocal Lens

Tip No 3

Select a frame shape that contrasts with your facial shape to balance.

Maximizing the positive aspects and / or minimizing the negative aspects of your face

Tip No 4

Top edge of the frame front should not go higher than the line of your eyebrows and the lower edge of the frame front should not touch your cheeks, even while you smile.



Tip No 5

Frame size should be in the scale with your facial width, i.e, outer edge of the frame front should not go beyond the temporal bone of your face.

Tip No 6

Select the frame color that compliments your face complexion and hair colors.

Black, white, brown hairs are taken as cool colors and golden, dirty grey are taken as warm colors.

Tip No 7

Select a frame that exposes your nose as much as possible.



Additional Tips

- Style should go with the style of your clothing you wear
- Style should convey about your personality
- Style must match to the purpose and occasion

Remember

One style does not fit all purpose, all occasion